



A Matter of Balance

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A Matter of Balance: Managing Concerns About Falls

- Research by the Roybal Center for Enhancement of Late-Life Function at Boston University.
- Designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls.



Who can benefit?

Older adults who:

- Are concerned about falls
- Have sustained a fall in the past
- Restrict activities because of concerns about falling
- Are interested in improving flexibility, balance and strength
- Are age 60 or older, ambulatory and able to problem-solve



What is the workshop structure?

- 8 classes taught by 2 coaches
- Groups of 8 – 15 participants
- Classes normally held 2xweek for 4 weeks
- Each class is outlined in detail for coaches
- Perform 20 minutes of exercise
- Treat break at each class
- Lots of participant interaction
- Lots of fun



What do participants learn?

- To view falls and fear of falling as controllable
- To set realistic goals for increasing activity
- To change their environment to reduce fall risk factors
- To promote exercise to increase strength and balance



What kind of exercises?

**Simple exercises done sitting or
holding on to a chair that improve:**

Flexibility

Balance

Strength

Stability



What do participants say?

- 97 % - more comfortable talking about fear of falling
- 97 % - feel comfortable increasing activity
- 99 % - plan to continue exercising
- 98 %- would recommend A Matter of Balance

"I am already noticing a difference in my physical being. I am sure I am a little more mobile than I had been and plan to continue these exercises. Hopefully I'll be jumping over the moon soon."

"I seem to be more aware of every situation for my safety. I now 'stop, look and listen' to my surroundings."